11:40 PM 0.00 K/S 4G+ Vo LTE R4G 5

SUBMIT

Q.1 Single correct option, Marks:1

1. If a person has visible abs that means he is fit.

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.2 Single correct option, Marks:1

2. Which activity should we perform to improve muscular endurance?

A **cardio activities in a cross manner. (ex- elliptical, swimming, rowing)**

B **Weight Training**

C None of Above

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.3 Single correct option, Marks:1

3. **What should be the ideal body fat % in females?**

A **fat % should be 15% or less in females.**

B **fat % should be 20% or less in females.**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.4 Single correct option, Marks:1

4. Flexibility increases ROM of joints.

A Correct

B Wrong

Your answer is correct

Explanation:

No explanation available

Q.5 Single correct option, Marks:1

5. **What is an aerobic activity?**

A **activities which are done in the presence of oxygen for a short period of time.**

B **activities which are done in the presence of oxygen for a prolonged period of time.**

C None of the above

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.6 Single correct option, Marks:1

6. **We should perform which types of activities to improve cardiovascular endurance?**

A **Aerobic Activiteis**

B **Anaerobic activities**

C **None of the above**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.7 Single correct option, Marks:1

7. **High intensity weight training will improve muscular endurance.**

A True

B False

Your answer is correct

Explanation:

High intensity weight training will improve musculoskeletal strength.

Q.8 Single correct option, Marks:1

8. **Flexibility depends on which two factors?**

A **Elasticity - ability to come back to its original shape and size.**

B **Extensibility - ability to extend.**

C A & B

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.9 Single correct option, Marks:1

9. **A treadmill is a better option than an elliptical to improve muscular endurance.**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.10 Single correct option, Marks:1

10. **What is the full form of BMR?**

A Better Metabolic Rate

B Basal Metabolic Rate

C Bigger Metabolic Rate

D None of the above

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.11 Single correct option, Marks:1

11. **Body burns calories only while doing physical activity.**

A Treue

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.12 Single correct option, Marks:1

12. **What should be the ideal body fat % in males?**

A 10%

B 15%

C 20%

D 12%

Your answer is correct

Explanation:

No explanation available

Q.13 Single correct option, Marks:1

13. **Cardio is better than weight training for fat loss.**

A True

B False

Your answer is correct

Explanation:

No explanation available

SUBMIT

Q.14 Single correct option, Marks:1

14. **Fat will provide energy in anaerobic activities.**

A True

B False

Your answer is correct

Explanation:

No explanation available

SUBMIT

Q.15 Single correct option, Marks:1

15. **When the muscle gets contracted it is known as power stroke.**

A Correct

B Wrong

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.16 Single correct option, Marks:1

17. **High repetition will improve Musculoskeletal strength.**

A True

B False

Your answer is incorrect

Explanation:

Low reps up till failure will improve musculoskeletal strength.

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SUBMIT

Q.17 Single correct option, Marks:1

17. **Low repetition will improve muscular endurance.**

A True

B False

Your answer is correct

Explanation:

To improve muscular endurance we should perform very low intensity exercises.

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SUBMIT

Q.18 Single correct option, Marks:1

18. **Sweating helps in fat loss.**

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.19 Single correct option, Marks:1

19. **Weight or poundage defines intensity of an exercise.**

A True

B False

Your answer is correct

Explanation:

Weight or poundage defines strength.

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SUBMIT

Q.20 Single correct option, Marks:1

20. Number of **repetition defines strength in exercise.**

A True

B False

Your answer is correct

Explanation:

Repetition defines intensity

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SUBMIT

Q.21 Single correct option, Marks:1

21. **Pec deck fly is a supported compound exercise**

A True

B False

Your answer is correct

Explanation:

Pec deck fly is a supported isolation exercise

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SUBMIT

Q.22 Single correct option, Marks:1

22. **Structural exercises should be done on machines.**

A True

B False

Your answer is correct

Explanation:

Structural exercises should be done on free weights for maximum benefits

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SUBMIT

Q.23 Single correct option, Marks:1

23. **We should always perform compound exercises on machines to get maximum benefits.**

A True

B False

Your answer is correct

Explanation:

We should always perform compound exercises on free weights for maximum benefits.

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SUBMIT

Q.24 Single correct option, Marks:1

24. **All structural exercises are also unsupported compound exercises.**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.25 Single correct option, Marks:1

25. **Isolation exercises will Improve ADL.**

A True

B False

Your answer is incorrect

Explanation:

Compound exercises will improve ADL.

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SUBMIT

Q.26 Single correct option, Marks:1

Medial means Anything which is closer to the midline of the body .

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.27 Single correct option, Marks:1

27. **When the joint or a body part moves away from the midline of the body is known as abduction.**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.28 Single correct option, Marks:1

28. **When the joint goes beyond extension it is known as hyperextension.**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.29 Multiple correct options, Marks:1

29. **Name 2 joints which can perform hyperextension.**

(Multiple Answer can be selected)

A **Shoulder joint**

B **hip joint.**

C **elbow joint**

D **None of above**

Your answer is correct

Correct Options:A,B | Your answers:A,B

Explanation:

No explanation available

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SUBMIT

Q.30 Single correct option, Marks:1

30. **Front side muscles are also known as posterior muscles.**

A True

B False

Your answer is incorrect

Explanation:

Front side muscles are known as anterior muscles.

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SUBMIT

Q.31 Single correct option, Marks:1

31. **Flexion and extension happens in the sagittal plane.**

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.32 Single correct option, Marks:1

32. **Anything which is above everyone else is known as superior.**

A Correct

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.33 Single correct option, Marks:1

33. **What is supination?**

A **It is a movement that happens in the radioulnar joint when the prone position is getting converted into supine position.**

B **It is a movement that happens in the radioulnar joint when the supine position is getting converted into prone position.**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.34 Single correct option, Marks:1

34. **What is the meaning of mechanics?**

Answer : Mechanics means movements.

A True

B False

Your answer is incorrect

Explanation:

No explanation available

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SUBMIT

Q.35 Single correct option, Marks:1

35. **How many types of levers are there?**

A 2

B 3

C 4

D 5

Your answer is correct

Explanation:

3 Types of Lever are there.

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SUBMIT

Q.36 Single correct option, Marks:1

36. **All isolation exercises come under second class levers.**

A True

B False

Your answer is correct

Explanation:

Maximum exercises come under the third class lever

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SUBMIT

Q.37 Single correct option, Marks:1

37. **Distance between load and fulcrum is known as loading arm.**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.38 Single correct option, Marks:1

38. **Distance between the fulcrum and effort**

A Loading Arm

B Effort Arm

C Moment Arm

D None of the Above

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.39 Single correct option, Marks:1

39. **What is the benefit of modified CAM?**

A **Modified cam will decrease efforts gradually.**

B **Modified cam will increase efforts gradually.**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.40 Single correct option, Marks:1

40. **Bicep curls are the best example of first class levers.**

A True

B False

Your answer is incorrect

Explanation:

Bicep curl is an example of a third class lever.

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SUBMIT

Q.41 Single correct option, Marks:1

41. **In second class lever fulcrum is in between the load and efforts.**

A True

B False

Your answer is correct

Explanation:

In second class lever load is in between the fulcrum and efforts.

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SUBMIT

Q.42 Single correct option, Marks:1

42. **What is an axis**

A **A point on which the circumference rotates is known as axis.**

B **A point on which the circumference moves up is known as axis.**

C **A point on which the circumference moves down is known as axis.**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.43 Single correct option, Marks:1

43. **Flexibility depends on which 2 factors?**

A **extensibility .**

B **elasticity**

C **A & B both**

D **None of the above**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.44 Single correct option, Marks:1

44. **What is the full form of G.T.O?**

A **golgi tendon organic**

B **golgi tendon organism**

C **Golgi tendon organ**

D **None of above**

Your answer is correct

Explanation:

No explanation available

Q.45 Single correct option, Marks:1

45. **Static passive stretching is done without any external support?**

A True

B False

Your answer is incorrect

Explanation:

Static passive stretching is done with external support

SUBMIT

Q.46 Single correct option, Marks:1

46. **The ability of the muscle to stretch is known as**

A **Elasticity**

B **Extensibility**

C **A & B both**

Your answer is incorrect

Explanation:

Elasticity

Q.47 Single correct option, Marks:1

47. **Dynamic stretches should be done at the end of the workout session**

A True

B False

Your answer is incorrect

Explanation:

Dynamic stretching should be done before a workout session

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SUBMIT

Q.48 Single correct option, Marks:1

48. **Which is the bi articulate muscle in quadriceps?**

A **Obliques**

B **Transverse Abdominis**

C **Rectus femoris**

Your answer is correct

Explanation:

Rectus femoris

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SUBMIT

Q.49 Single correct option, Marks:1

49. **Which is the biggest muscle in the body?**

A **Erector Spine**

B **Gluteus maximus**

C **Gluteus minimus**

D **All of above**

Your answer is correct

Explanation:

Gluteus Maximus

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SUBMIT

Q.50 Single correct option, Marks:1

50. **Which muscle does hip internal rotation?**

A **Gluteus medius and minimus**

B **Gluteus medius and maximus**

C **Gluteus medius and obliques**

D **None of above**

Your answer is correct

Explanation:

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SUBMIT

Q.51 Single correct option, Marks:1

51. **Plantar flexion is the function of soleus**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.52 Single correct option, Marks:1

52. **Name the deep muscle of mid fiber of trapezius?**

A **Upper Trapezious**

B **Rhomboids**

C **Rotator Cuff**

Your answer is correct

Explanation:

Rhomboids

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SUBMIT

Q.53 Single correct option, Marks:1

53. **What is the function of tibialis anterior?**

A **Planter Flexion**

B **Rotation**

C **Dorsiflexion**

D **None of above**

Your answer is correct

Explanation:

Dorsiflexion

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SUBMIT

Q.54 Single correct option, Marks:1

54. **What is the function of teres major?**

A **Shoulder extension ,shoulder adduction**

B **shoulder internal rotation**

C **A & B both**

D **None of aboe**

Your answer is correct

Explanation:

A & B both

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SUBMIT

Q.55 Single correct option, Marks:1

55. **Name the 3 muscles of the iliopsoas group.**

A **psoas major, psoas minor & iliacus**

B **Adductor brevis, Abductor longs & Abductor magnus**

Your answer is correct

Explanation:

psoas major, psoas minor & iliacus

11:37 PM

SUBMIT

Q.56 Single correct option, Marks:1

56. **How many chambers are there in the human heart?**

A 2

B 3

C 4

D 5

Your answer is correct

Explanation:

4

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SUBMIT

Q.57 Single correct option, Marks:1

57. **What is the average RHR?**

A 69

B 70

C 71

D 72

Your answer is correct

Explanation:

72

11:37 PM

SUBMIT

Q.58 Single correct option, Marks:1

58. **We can use a rock port test to measure vo2 max**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.59 Single correct option, Marks:1

59. **What is the full form of the PAR Q form?**

A **Physical Activity Readiness Questionnaire**

B **Physical Activity Readiness Question bank**

C **Physical Activity Readiness Question paper**

Your answer is correct

Explanation:

Physical Activity Readiness Questionnaire

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SUBMIT

Q.60 Single correct option, Marks:1

60. _____**amino acids are in first class protein**

A 20

B 21

C 22

D 23

Your answer is correct

Explanation:

22

11:37 PM

SUBMIT

Q.61 Single correct option, Marks:1

61. **Amylose are slow absorbing starch**

A True

B False

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.62 Single correct option, Marks:1

62. Coconut oil, Ghee, Butter are the 3 examples of saturated fats

A Correct

B Wrong

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.63 Single correct option, Marks:1

63. Chicken, Fish & Paneer are the source of 1st Class Protein

A True

B False

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.64 Single correct option, Marks:1

64. **Creatine increases muscular strength**

A True

B False

Your answer is correct

Explanation:

Creatine increases energy

11:37 PM

SUBMIT

Q.65 Single correct option, Marks:1

65. **Caffeine gives energy.**

A True

B False

Your answer is correct

Explanation:

Caffeine is a CNS stimulant so it does not give energy.

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SUBMIT

Q.66 Single correct option, Marks:1

66. **Glutamine should be taken post workout**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.67 Single correct option, Marks:1

67. Whey protein is a second class source of protein?

A Correct

B Wrong

Your answer is correct

Explanation:

Whey protein is a First class source of protein

11:37 PM

SUBMIT

Q.68 Single correct option, Marks:1

68. Programming means arranging or scheduling workout or exercise schedule for client

A True

B False

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.69 Single correct option, Marks:1

69. The biarticular muscle in the quadriceps is the Rectus Femoris

A True

B False

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.70 Single correct option, Marks:1

70. - Knee flexion is the primary function of _____ muscle

A **Quadriceps**

B **Hamstring**

C **A & B both**

D **None of Above**

Your answer is correct

Explanation:

Hamstring

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SUBMIT

Q.71 Single correct option, Marks:1

71. The short head of the biceps femoris is not a biarticular muscle as it crosses only one joint, the knee joint.

A True

B False

Your answer is incorrect

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.72 Single correct option, Marks:1

72. What are the heads of the triceps brachii muscle called?

A **LONG HEAD**

B **LATERAL HEAD**

C **MEDIAL HEAD**

D **All of above**

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.73 Single correct option, Marks:1

73. Which is the best exercise for the forearm.

A **Gorilla gripper**

B **farmers walk & 1RM weight hold**

C **Captain of crusher**

D **All of above**

Your answer is correct

Explanation:

No explanation available

Q.74 Single correct option, Marks:1

74. What is a motor unit?

Answer: One motor nerve + number of muscle fibers in activates

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.75 Single correct option, Marks:1

75. Gluteal group, paraspinal group, Abdominis are 3 core muscle groups

A Correct

B Wrong

Your answer is correct

Explanation:

No explanation available

Q.76 Single correct option, Marks:1

76. Scapula elevation is the function of levator scapulae.

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.77 Single correct option, Marks:1

77.Give three examples of long bones.

A **Femur**

B **Tibia**

C **Humerus**

D **All of Above**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.78 Single correct option, Marks:1

78.What is eccentric contraction?

A **When the load is going against the gravity and the length of the reduce is known as eccentric contraction.**

B **When the load is going towards the gravity and the length of the increase is known as eccentric contraction**

Your answer is correct

Explanation:

No explanation available

Q.79 Single correct option, Marks:1

79. Which failure comes first in weight training

A **concentric failure**

B **eccentric failure**

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.80 Single correct option, Marks:1

80. What is concentric contraction?

A **When the load is going towards the gravity and the length of the muscle reduces is known as concentric contraction.**

B **When the load is going against the gravity and the length of the muscle reduces is known as concentric contraction.**

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.81 Single correct option, Marks:1

81. The quantum of work depends on 5 factors.

Load, number of reps, number of main sets, repetition speed, range of motion.

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.82 Single correct option, Marks:1

What is an isolation exercise?

Answer: It is an exercise in which only one joint is working at a time. Ex- bicep curls, leg curls, lateral raises.

A Correct

B Wrong

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.83 Single correct option, Marks:1

83.What is a compound exercise?

Answer: It is an exercise in which more than one joint is working together. Ex- squat, bench press, overhead press.

A **True**

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.84 Single correct option, Marks:1

Exercise which is done with maximum effort in minimum amount of time is known as power exercises.

A True

B Fasle

Your answer is correct

Explanation:

No explanation available

Q.85 Single correct option, Marks:1

85. Bi articulate muscle crosses how many joints?

A **Bi articulate muscle crosses three joints.**

B **Bi articulate muscle crosses four joints.**

C **Bi articulate muscle crosses two joints.**

Your answer is correct

Explanation:

No explanation available

Q.86 Single correct option, Marks:1

86. Microtrauma is the breakdown that happens in the muscle due to stress given to the muscles by weight training.

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.87 Single correct option, Marks:1

87. Internal and External Oblique muscle does the spine lateral flexion function?

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.88 Single correct option, Marks:1

88. What is the function of quadratus lumborum?

Ans: Resisting spine lateral flexion and spine lateral flexion

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.89 Single correct option, Marks:1

89. **The line which divides the rectus abdominis vertically is known as Linia Alba**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.90 Single correct option, Marks:1

90. What is the function of the middle deltoid?

A Shoulder Adduction

B Shoulder Flexion

C Shoulder Abduction

D All of above

Your answer is correct

Explanation:

No explanation available

Q.91 Single correct option, Marks:1

91.Subscapularis muscle does shoulder internal rotation?

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.92 Single correct option, Marks:1

92. **Infraspinatus and teres minor does shoulder external rotation**

A True

B False

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.93 Single correct option, Marks:1

93. What is the function of the posterior deltoid?

A **shoulder horizontal abduction& shoulder hyperextension**

B **assist in shoulder extension & shoulder adduction**

C **Option 1 & 2**

Your answer is incorrect

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.94 Single correct option, Marks:1

94. What should be the bench angle while doing decline bench press?

A +15 degree

B - 15 degree

C - 30 degree

D None of the above

Your answer is correct

Explanation:

No explanation available

11:37 PM

SUBMIT

Q.95 Single correct option, Marks:1

95.Which muscle does shoulder horizontal adduction?

A **Pectoralis Minor**

B **Pectoralis Major**

C **Triceps**

D None of above

Your answer is incorrect

Explanation:

No explanation available

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SUBMIT

Q.96 Single correct option, Marks:1

96. What is the function of pectoralis minor?

A **Scapula protraction**

B **Scapula retraction**

Your answer is incorrect

Explanation:

No explanation available

Q.97 Single correct option, Marks:1

97. **What is the target muscle in bent over rows?**

A **Latissimus dorsi**

B **trapezius**

C **Erector spine**

D All of above

Your answer is correct

Explanation:

No explanation available

Q.98 Single correct option, Marks:1

98. What is the function of paraspinal muscles?

A spine extension, spine hyperextension

B resisting spine flexion are the functions of paraspinal muscle

C A & B both

D None of Above

Your answer is correct

Explanation:

No explanation available

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SUBMIT

Q.99 Single correct option, Marks:1

99. What is flexion?

Answer: When the joint bends or the angle between the joint reduces is known as flexion.

A True

B False

Your answer is correct

Explanation:

No explanation available

11:36 PM

SUBMIT

Q.100 Single correct option, Marks:1

100. The full form of EPOC is EXCESS POST EXERCISE OXYGEN CONSUMPTION

A Correct

B Wrong

Your answer is correct

Explanation:

No explanation available

11:36 PM 2.37 K/S 4G Vo LTE R4G 6

SUBMIT

Q.101 Single correct option, Marks:1

101. The scientific name for body fat is adipose tissue. It is a store of unused calories

A True

B False

Your answer is correct

Explanation:

No explanation available

11:36 PM 2.37 K/S 4G Vo LTE R4G 6

SUBMIT

Q.102 Single correct option, Marks:1

102. Which enzyme converts sugar to fat in the body?

A **ADP citrate lyase is the enzyme which converts sugar into fat in the body.**

B **ATP citrate lyase is the enzyme which converts sugar into fat in the body.**

C **Fats**

D All of above

Your answer is incorrect

Explanation:

Q.103 Multiple correct options, Marks:1

102.

Write the names of three body types

(mutiple answer can be selected)

A Ectomorph

B Endomorph

C Mesomorph

D None of Above

Your answer is correct

Correct Options:A,B,C | Your answers:A,B,C

Explanation:

No explanation available

11:36 PM 2.37 K/S 4G Vo LTE R4G 6

SUBMIT

Q.104 Single correct option, Marks:1

104. Myofibril is the scientific name for muscle fiber.

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.105 Single correct option, Marks:1

105.

Actin - thin contractile protein filament.

Myosin - thick contractile protein filament

A True

B False

Your answer is correct

Explanation:

No explanation available

11:36 PM 1.38 K/S 4G Vo LTE R4G 6

SUBMIT

Q.106 Single correct option, Marks:1

106. Creatine is made from arginine , methionine, glycine

A Correct

B Wrong

Your answer is correct

Explanation:

No explanation available

11:36 PM 1.38 K/S 4G Vo LTE R4G 6

SUBMIT

Q.107 Single correct option, Marks:1

107. Sarcoplasmic reticulum is where calcium stores in the muscles.

A True

B False

Your answer is correct

Explanation:

No explanation available

SUBMIT

Q.108 Single correct option, Marks:1

108. **Mandible is the only bone which moves in the**

A Hip Joint

B Elbow Joint

C skull

D None of above

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.109 Single correct option, Marks:1

109. **Talonavicular joint and subtalar joint are two joints in the _____**

A **Hip Joint**

B **ankle joint**

C **Knee Joint**

D **Elbow Joint**

Your answer is correct

Explanation:

No explanation available

11:36 PM

SUBMIT

Q.110 Single correct option, Marks:1

110. Hypertrophy means _____ in the size of the muscle.

A **increase**

B Decrease

C shrink

D swelling

Your answer is correct

Explanation:

No explanation available

Q.111 Single correct option, Marks:1

111. The pectoralis major muscle covers 80% of the area with its Sternocostal fibers.

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.112 Single correct option, Marks:1

112. The pelvic stability is provided by the

A Hip

B **Gluteus Medius & Gluteus Minimus muscles.**

C Qadriceps

D None of above

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.113 Single correct option, Marks:1

113. Micronutrients are the nutrients which are required less than 10 gms in a day.

A True

B False

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.114 Single correct option, Marks:1

114. _____ is the function of the rectus abdominis

A **Spine Extension**

B **Spine Flexion**

C **Spine Rotation**

D Alll of above

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/s 4G Vo LTE R4G 6

SUBMIT

Q.115 Single correct option, Marks:1

115. Name the assisting muscle in the flat bench press.

A Posterior Deltoid

B trapezius

C Anterior Deltoed

D Not sure

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.116 Single correct option, Marks:1

116. lipoprotein lipase is the enzyme which is also known as fat build up enzyme.

A True

B Fasle

Your answer is incorrect

Explanation:

No explanation available

Q.117 Single correct option, Marks:1

117. There are ____ bones in an adult human body.

A 200

B 203

C 206

D 207

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.118 Single correct option, Marks:1

118. **There are _____ bones in human ribs.**

A 22

B 23

C 24

D 25

Your answer is correct

Explanation:

No explanation available

Q.119 Single correct option, Marks:1

119. There are_____ vertebrae in coccyx.

A 3

B 4

C 5

D 6

Your answer is correct

Explanation:

No explanation available

Q.120 Single correct option, Marks:1

120. There are _____bones in carpals.

A 6

B 7

C 8

D 9

Your answer is correct

Explanation:

No explanation available

11:36 PM

SUBMIT

Q.121 Single correct option, Marks:1

121. Give three examples of flat bones.

A **Skull**

B **sternum**

C **scapulae**

D All of above

Your answer is correct

Explanation:

No explanation available

11:36 PM 2.32 K/S 4G Vo LTE R4G 6

SUBMIT

Q.122 Single correct option, Marks:1

122. <u>Skull, sternum, Spine</u> are the names of axial skeleton bones

A True

B False

Your answer is correct

Explanation:

No explanation available

11:36 PM 2.19 K/S 4G Vo LTE R4G 6

SUBMIT

Q.123 Single correct option, Marks:1

123. Reserved energy source in the body which gives instant energy during any high intensity activity is ATP- Adenosine Triphosphate.

A True

B False

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.124 Single correct option, Marks:1

124. What is a motor unit?

A **One motor nerve + number of muscle fibers in activates**

B **Two motor nerve + number of muscle fibers in activates**

C **Three motor nerve + number of muscle fibers in activates**

Your answer is correct

Explanation:

No explanation available

Q.125 Single correct option, Marks:1

125. The pectoralis major muscle covers 80% of the area with its Sternocostal fibers

A True

B False

Your answer is incorrect

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.126 Single correct option, Marks:1

126. Humans have_____vertebrae and five regions in their spine.

A 31

B 32

C 33

D 34

Your answer is correct

Explanation:

No explanation available

Q.127 Single correct option, Marks:1

127. Sternocostal fibers is the name for the fibers of the pectoralis major that originate from the sternum.

A True

B False

Your answer is correct

Explanation:

No explanation available

11:36 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.128 Single correct option, Marks:1

128. Elbow flexion, forearm supination and shoulder flexion are the functions of_____ muscle

A Deltoid

B Tricep

C Biceps Brachii

Your answer is correct

Explanation:

No explanation available

Q.129 Single correct option, Marks:1

129. Erector Spinae & Multifidus Target muscle in reverse back extension?

A True

B False

Your answer is correct

Explanation:

No explanation available

Q.130 Single correct option, Marks:1

130. What type of exercise is prone alternate leg arm raises?

A **Supported Compound**

B **Unsupported Compound**

C **Structural**

D **None of above**

Your answer is incorrect

Explanation:

No explanation available

Q.131 Single correct option, Marks:1

131. _____class lever is involved in the straight arm pull-down exercise?

A 1st

B 2nd

C 3rd

Your answer is incorrect

Explanation:

No explanation available

Q.132 Single correct option, Marks:1

132. Teres major is the deep muscle of Latissimus dorsi

A True

B False

Your answer is incorrect

Explanation:

No explanation available

11:35 PM

SUBMIT

Q.133 Single correct option, Marks:1

133. **Scapulae _____ is the function of lower fiber of trapezius.**

A Abduction

B Adduction

C Depression

D Retraction

Your answer is incorrect

Explanation:

No explanation available

11:35 PM 2.35 K/S 4G Vo LTE R4G 6

SUBMIT

Q.134 Single correct option, Marks:1

134. In which joint does forearm supination occur?

Answer - Radio-ulnar joint

A True

B False

Your answer is correct

Explanation:

No explanation available

11:35 PM 0.00 K/S 4G Vo LTE R4G 6

SUBMIT

Q.135 Single correct option, Marks:1

135 _____ is the deep muscle of the upper fiber of trapezius.

A Levator scapulae

B Rotator cuff

C Tricep

Your answer is correct

Explanation:

No explanation available

11:35 PM 1.50 K/S 4G Vo LTE R4G 6

SUBMIT

Q.136 Single correct option, Marks:1

136. Which muscles do ankle plantar flexion.

A **Gastrocnemius**

B **soleus**

C **Option 1 & 2 both**

Your answer is incorrect

Explanation:

No explanation available

137. The largest muscle in the human body is the_____.

A Gluteus minimus

B Erector spine

C Gluteus maximus

D None of above

Your answer is correct

Explanation:

No explanation available

11:35 PM 0.00 K/s 4G Vo LTE R4G 6

SUBMIT

Q.138 Single correct option, Marks:1

138. What is the target muscle in a stiff leg deadlift?

A **Gluteus Maximus**

B **Gluteus Minimus**

C **Option 1 & 2 both**

Your answer is incorrect

Explanation:

No explanation available

11:35 PM 0.00 K/S 4G Vo LTE R4G 7

SUBMIT

Q.139 Single correct option, Marks:1

139. Name the 3 amino acids in BCAA?

A **leucine**

B **Isoleucine**

C **Valine**

D **All of above**

Your answer is correct

Explanation:

No explanation available

SUBMIT

Q.140 Single correct option, Marks:1

140. Sit and reach test is done to check _____ test

A Strength

B Stamina

C Flexibilty

D All of above

Your answer is correct

Explanation:

No explanation available

11:35 PM 0.00 K/S 4G Vo LTE R4G 7

SUBMIT

Q.141 Single correct option, Marks:1

141. Dexa Scan is the most accurate test to check body fat %?

A True

B False

Your answer is correct

Explanation:

No explanation available

SUBMIT

Q.142 Single correct option, Marks:1

142. All the veins carry impure blood in the body except Pulmonary veins.

A True

B False

Your answer is correct

Explanation:

No explanation available

SUBMIT

Q.143 Single correct option, Marks:1

143. Which is the bi articulate muscle in the triceps

A **Long Head of triceps brachii**

B **Short Head of triceps brachii**

C A & B both

Your answer is correct

Explanation:

No explanation available

SUBMIT

Q.144 Single correct option, Marks:1

Targeted muscle in preacher curl exercise?

A brachialis

B brachioradialis

C triceps brachii

D none of the above

Your answer is correct

Explanation:

No explanation available

11:35 PM

SUBMIT

Q.145 Single correct option, Marks:1

What should be the bench angle during decline bench press?

A -15 degree

B -20 degree

C -30 degree

D none of the above

Your answer is correct

Explanation:

No explanation available

11:35 PM K/S LTE

SUBMIT

Q.146 Single correct option, Marks:1

which is the longest and strongest bone of human body?

A Humerus

B Tibia

C Fibula

D Femur

Your answer is correct

Explanation:

No explanation available

11:35 PM 0.00 K/S 4G Vo LTE R4G 7

SUBMIT

Q.147 Single correct option, Marks:1

In leg press all your quadriceps muscle works?

A True

B False

Your answer is correct

Explanation:

No explanation available

SUBM

Q.148 Single correct optic Marks:1

which is targeted muscle in preacher hammer curl?

A biceps brachii

B brachialis

C triceps brachii

D none of the above

Your answer is incorrect

Explanation:

No explanation available

SUBMIT

Q.149 Single correct option, Marks:1

Standing calf raises exercise is compound movement?

A True

B False

Your answer is incorrect

Explanation:

No explanation available

11:34 PM 2.20 K/S 4G Vo LTE R4G 7

SUBMIT

Q.150 Single correct option, Marks:1

Pull ups increase your relative strength?

A True

B False

Your answer is correct

Explanation:

No explanation available